

Building Bone

is equally as important as building flesh. Foods that assist Nature, fix lime in the bones and teeth are essential.

Scott's Emulsion

of pure vitamins-bearing cod-liver oil contains, in abundance, elements that energize the body and assist in the formation of strong bones and sound teeth.

Scott & Emulsion, Bloomfield, N. J. 12-24

"FEELING OF SATISFACTION"

Over Progress Made Last Year in Nation's Domestic Business

AND OPTIMISM FOR FUTURE

Manufacturer and Farmer Both Show Increased Returns

Washington, D. C., Dec. 29.—Stock taking of the nation's domestic business for the past year gives "a feeling of satisfaction" as to the progress made, the department of commerce declared today, in an end of the year statement, and from this day's position, it added, "there are no serious obstacles in sight which should hinder further advance" in the early new year.

Optimism, born of the accomplishments of the past months which many officials of the government regard as a remarkable strengthening of the economic fabric, is evident throughout the statistics and details of the statement, which noted that the production of manufactured commodities averaged fifty per cent larger than in 1921. The farmer received approximately 17 per cent more for his products than in 1921 and the total volume of agricultural products was worth a much greater sum than "was that of a year ago."

"The unsettled conditions in foreign countries, particularly in Europe, however," the statement continued, "are still depressing our trade, and to some extent, have no doubt kept the prices of agricultural products below the level of other commodities. But within the past two months this latter condition has been relieved to some extent."

While dealing briefly with foreign trade, the review said that American exports had dropped 16 per cent as compared with last year, but the country had made considerable gains in the sale of its goods abroad, and in addition, represented a "long climb" from a poor start, according to officials. Imports to Sept. 22, when the new tariff law was effective, were slightly above last year, and indications are, it was said unofficially, that the year's total may exceed last year's imports by a small margin.

TO COST \$1,600,000.

Proposed College Club House in Boston

Boston, Dec. 29.—College men and women of Greater Boston have in prospect a club home, to be built at an estimated cost of \$1,600,000 under plans of a committee of the present University club, the sponsor of the project. With the existing organization as a nucleus, the University club is expected ultimately to have a membership of 5000.

There are known to be 28,900 persons, alumni of 237 colleges and universities, resident within 30 miles of the city, who are eligible to membership. Separate organizations are now maintained by graduates of 71 of these institutions. The present University club was organized in 1892, the suggestion of Amherst men, whose idea was to form a luncheon club. Specifications of the new structure for a building in the Renaissance style, of limestone and brick, the basement will contain squash courts, swimming tank, billiard and pool room, bar, shop and locker room. The two floors next above will include dining and grill rooms for both men and women, reception rooms, library, lounge and guest rooms. The third floor will be given over to women's use and the fourth and fifth floors will consist of sleeping quarters.

DAILY SPIN AT 101.

Abigail Wear of New Hampshire an Enthusiast in Winter Sports

Gilmanston Iron Works, N. H., Dec. 29.—Abigail Wear, 101 years old, goes sleigh riding every day and is as interested in winter sports as the youngsters. She declares that nothing is so conducive to prolonged life as the bracing air while behind a fast-stepping sleigh.

ARBuckle IN PERSON

Will Appear in a New York Music Hall New Year's Eve

New York, Dec. 29.—Roscoe (Fatty) Arbuckle, who recently was "pardoned" by Will H. Hays after his films had been banned by moviedom, will appear in person at a New York music hall when two of his new comedies are shown on New Year's eve, it was announced last night.

To be Called by First Name Asset in Business

Get them to call you by your first name. This works in business and industry as well as in politics. Do you suppose that Gov. Elect Smith of New York would have rolled up a record-breaking vote had he not been "Al" to every one, from east side children and mothers to the highest of the politicians? "Mr. Smith" would have had no pulling power. "Al" has. It has a familiar, friendly, intimate ring about it. Nobody talks about "Mr. Ford." To the home folks he is "Hen," and to the rest of us he is "Henry." Schwab is "Charlie" wherever he goes. Roosevelt didn't invite being called "Teddy" even by his closest associates, but he was "Teddy" or "T. R." to us all just the same, just as Lincoln was "Ab" in his day and generation.—Forbes Magazine.

Reason Enough

Kind Gentleman—What are you crying for?

"Small boy—I forgot."

"Then why do you cry?"

"Cause I can't remember"—Life.

Heavy Reader

Flubb—He keeps reading well posted on current events, doesn't he?

Dubb—Indeed, yes. He can rattle off the names of all the European countries now at war.—New York Sun.

If your skin itches and burns, just use

Resinol



If you are suffering from eczema, ringworm or similar itching, burning, unsightly skin affection, bathe the sore places with Resinol Soap and hot water, then gently apply a little Resinol Ointment. You will probably be astonished how instantly the itching stops and healing begins. In most cases the sick skin quickly becomes clear and healthy again, at very little cost. Resinol Ointment and Resinol Soap also clear away pimples, eruptions, roughness and dandruff. Sold by all druggists.

WISCONSIN IS UNDER BLAINE-LA FOLLETTE RULE

Their Forces Will Dominate in the Legislative Session

Madison, Wis., Dec. 29.—Repeal of the severance clause to the state income tax law and of the provision which permits personal property tax to be offset against the income tax, a program of financing highway development and a law authorizing a surtax on all land values over \$10,000, are among the measures to be submitted to the Wisconsin legislature which meets Jan. 10.

Tax legislation heads the list of administration proposals. Besides supporting repeal of the foregoing clauses, Governor Blaine plans to strengthen the tax commission powers to investigate income tax reports of individuals and corporations. For the first time in eighteen years the Blaine-LaFollette forces will control the state. The surtax measure is aimed at large, unimproved land holdings. The highway department is back of the proposal for taxes of gasoline, license fees and motor cars and trucks to contribute approximately \$10,000,000 toward highway development and maintenance. The plan has been approved by the majority of counties.

Twenty-seven measures will be sponsored by organized labor, four of which attack the power of state courts. These are laws to prevent judges issuing injunctions in labor disputes, to curb the power of federal courts to hold laws unconstitutional, amendments to the state constitution which would give the legislature authority to validate laws held unconstitutional by the supreme court, and provision for the recall of judges by popular vote.

The wet and dry issue will come in for discussion with the anti-saloon league already predicting a referendum as the result of the session. The socialists have advanced a program which calls for abolition of the National Guard and the state Senate. Other subjects to be introduced are rural credits, reforestation, and regulation of motor bus transportation through the railroad rate commission.

500 BARRELS APPLES BURN.

With the Chester Boarding House Near Manchester, N. H.

Manchester, N. H., Dec. 29.—Fire yesterday destroyed the large summer boarding house in Chester, on the Derry Road, causing a loss on buildings and contents of \$10,000. The place, for years was known as "The Old Chester" and in summer was largely patronized by Massachusetts people, included in the destroyed property, was all the house furnishings, 500 barrels of apples, 500 bushels of potatoes, and an automobile. The blaze started from a defective chimney. There is partial insurance.

A DOLLAR A BABY.

To Be Given by Clement National Bank of Rutland for a Year.

Rutland, Dec. 29.—The slogan "Catch 'em young" is being applied to thrift promotion in this city. The Clement National bank directors have voted to give a bankbook with a deposit of one dollar credited to every baby born in Rutland after December 1 of this year. The plan will be in effect for a year.

Shakespeare Screens "Hamlet."

Hall Caine is out in Hollywood directing the movietization of his novel, "Hamlet." This information reminds us of a capital city which appeared in life a few years ago in which Shakespeare is made to direct the filming of "Hamlet." An extract, we think, is permissible: Shakespeare (to Lucianus in the poison scene)—Hark ye, villain! Before thou poisonest poison into the king's ear, eye, nose and back, thou art in a sinister manner. To look sinister smile craftily and from the corner of thine eye craftily sleep in the back row will know thy foul intent. Then put the vial to thine own ear, and thus wise up the fans for the wicked act. Shakespeare (to Lucianus in the poison scene)—Hark ye, villain! Before thou poisonest poison into the king's ear, eye, nose and back, thou art in a sinister manner. To look sinister smile craftily and from the corner of thine eye craftily sleep in the back row will know thy foul intent. Then put the vial to thine own ear, and thus wise up the fans for the wicked act. Shakespeare (to Lucianus in the poison scene)—Hark ye, villain! Before thou poisonest poison into the king's ear, eye, nose and back, thou art in a sinister manner. To look sinister smile craftily and from the corner of thine eye craftily sleep in the back row will know thy foul intent. Then put the vial to thine own ear, and thus wise up the fans for the wicked act.

The Height of Lazines.

A man traveling through the Ozarks of southern Missouri went into a small country store. The only man in sight, presumably the proprietor, was enjoying his ease at the back of the store, chair tilted back and feet on the counter, and made no move to come forward. The prospective customer waited a few minutes and then called: "Can't you come and wait on me? I am in a hurry to get started home." The proprietor shifted his position slightly and drawled: "Couldn't you come in some time when I'm standing up?" From Everybody's Magazine for January.

EXPECT ARREST IN BOMB CASE

A Man Suspected of Sending Bomb to Marshfield, Wis., Couple

MRS. J. R. CHAPMAN WAS KILLED

And Mr. Chapman Had His Left Hand Torn Off

Marshfield, Wis., Dec. 29.—Postal authorities and state officials today expected to arrest a former on a murder charge in connection with the death of Mrs. James R. Chapman who, with her husband, a member of the county board of supervisors and a drainage commissioner, opened a package containing a bomb Wednesday afternoon. Mrs. Chapman died yesterday morning. Mr. Chapman's left hand was torn off.

It first was believed that the bomb was sent by some one angered by Chapman's work on the board in voting funds to combat moonshiners.

The parcel containing the bomb was delivered at the Chapman farm, five miles south of here, Wednesday afternoon by the rural mail carrier. It had the appearance of a Christmas package and Mr. Chapman and his wife hastened to open it.

Mr. Chapman had cut the strings and almost unwrapped the package when it exploded.

ANOTHER OUTRAGE.

Enforcement Agents Fired on After a Raid.

Stevens Point, Wis., Dec. 29.—The second attack on public officials in this vicinity, closely following the sending of a bomb to a prominent county official in Marshfield, occurred yesterday, when unknown assailants fired at an automobile bearing deputy sheriffs and a dry agent as it was returning from a series of raids near here. None of the officers was hit.

ECONOMY IN SO. DAKOTA.

That Will be Keynote of Forthcoming Legislative Session.

Pierre, S. D., Dec. 29.—Economy will be the keynote of the biennial session of the South Dakota legislature, which meets early in January, according to statements from senators and representatives. Pressure on the part of the people for a reduction in expenses, voiced in a large number of the communications, is expected to result in a program of strict necessity.

Among the more important bills which members have announced would be introduced include a law to place state and county school officers on a non-political ballot in elections; revision in the primary election law; inauguration of state owned enterprises; a law to make the fish and game commission a body composed of sportsmen to serve without pay, excluding game laws; a measure authorizing the construction of three bridges across the Missouri river.

MOGG MEGONE ROCK.

Boulder in Saco Named for Indian Chief—Directed War on Whites from Big Stone.

Mogg Megone Rock, barren of herb, standing out clearly defined from the bushes growing on either side, is pointed out to strangers who visit Saco. This rock can be plainly seen from Cataract bridge that spans the river Saco, just above Cataract Falls. History, tradition and story have marked it as the rock on which Mogg Megone, leader among the Indians of the Saco valley, in the bloody wars in 1670, stood and directed the activities of the Red Skins by means of the signals.

Megone was famous in the early days of the settlement of the white man on the banks of the Saco. It was he, also, who led the attack and captured the prisoner at Black Point in October, 1678. From an ancient deed signed by the Indians in 1694, it is believed that previous to the war, the Indian chieftain mingled much with the whites.

The Indians famous land deal with John Bonython, Sagamore of the land, in exchange for the latter's beautiful daughter, Ruth, to be given in marriage, forms the plot of Whittier's poem, "Mogg Megone"—Portland Express.

Fooling St. Peter.

A little girl, woefully sad because her pet canary had died, put the remains in a cigar box and was digging a grave when her father came up. "Father," she said, "will my little birdie go to heaven?" "I think so," he replied. "In fact, I know so."

Whereupon the child, forgetting her grief, gave a loud laugh and clapped her hands. "Oh," she cried, "how cross St. Peter will be when he open it and finds it isn't cigars after all!" From Everybody's Magazine for January.



The Original Food-Drink for All Ages—Quick-Lunches, Home-Office-Fountains, Rich-Milk, Malted Grain-Extract in Powder and Tablets. Nourishing—Non-alcoholic—Avoid Imitations and Substitutes.

DOUBLE ROASTED

Lipton's Instant Cocoa is Double Roasted for Full Flavor and Full Food Value. Double Ground for Instant Solubility. No Mixing Necessary.



WAS IT IBERIAN LIQUOR?

Old Spanish Wine Found in Ruins of St. Joseph City.

Buried amid the ruins of a forgotten city, kept in a state of almost perfect preservation, a quart of rare old Spanish wine in the curio collection of George A. Patton, of Port St. Joe, is gradually evaporating.

The liquor was unearthed from the ruins of the old city of St. Joseph, Fla., two years ago, when an irrigation ditch was being dug through the Patton farm. Then it was rich and mellow and had a deep amber hue. But now its kick is going fast.

Although having a reputation as a teetotaler, Mr. Patton has cherished the liquor as he would a long-lost friend. Great care has been exercised to prevent its evaporating, but all efforts have failed. It was poured from the black glass decanter, in which it was unearthened, into a bottle of transparent glass. The glass stopper in the original bottle was substituted with a rubber stopper.

When the bottle was found it was surrounded with a mass of debris which evidently had been a wicker case. Very little of the liquor had found its way out, if any. It has been viewed by thousands of tourists at Port St. Joe. Judging from historical facts surrounding the old city of St. Joseph, the liquor probably is 100 years old. St. Joseph was abandoned in 1841, and for more than eighty years only the crumbling ruins have marked the spot where it stood. It was the terminus of the St. Joseph and Iowa railroad, and steam railway line constructed in the United States. In 1838 the first constitutional convention of Florida was held at St. Joseph, which then was one of the leading cities of Florida. Recently the state erected a monument costing \$10,000 on the spot where the convention was held.

Curio connoisseurs declare it probable that the quart of liquor of Iberian vintage adorned the shelf of some long-gone barroom in the historic old city.—Florida Times-Union.

Worthy of Black Marble.

No tradition of the south before the Civil war is any more carefully treasured than that of the negro mammy. She has found her way into literature, too. As a class the oldtime mammys have vanished; here and there are survivors, daughters, perhaps, of ante-bellum nurses, who preserve the fine traits of the type. Even these are fast disappearing, and there are none coming on to succeed them, so that a suggestion made in the Senate recently that a monument to their memory be erected in Washington appears appropriate and timely.

The proposal was made by Senator John Sharp Williams of Mississippi at the Washington conference of the United Daughters of the Confederacy. This society stands ready to erect the memorial as soon as a site has been set apart for it.

Monuments to good servants have been all too few throughout history, but mammys were far more than just servants. Rather, they were "guides, counselors and friends" to their white children, loving them as tenderly as their own mothers loved them, but never hesitating to offer criticism or supply correction when needed. Their native good sense was not the least of their many admirable qualities, as many of the men and women they looked after in their childhood have testified.

The negro race may well take pride in the high place these mammys held in the civilization of the ante-bellum south. They earned a respect and an admiration that any individual or race might well be proud of; their owners, later their employers, knew them to be women of intelligence, of courage, of common sense and of refined feelings, and have usually treated them in accordance with their admirable qualities.

It will be a labor of love for any southern organization to build a memorial to the mammy of blessed memory. A monumental record of the Civil war could be complete without its tribute to the best product of the negro race under slavery. These wise, firm and tender old women first revealed the excellencies of the negro race in a favorable environment.—Baltimore American.

Look the Hint.

"Like to clean up my work in a hurry," said the man who had just dropped in.

"I find it advisable to string it out a little, so that I will always have something on my desk in case a bore comes in," said the other man taking up some papers.

The first speaker looked at the other man queerly and went out.—Boston Transcript.

Better Chance for Peace.

She—Do you think it will be all right for us when we are married to settle a couple of squares away from my family?

He—My preference is a couple of states.—Boston Transcript.

It's the Unconsidered Ones.

"Choose your words well. It will come easier when you have to set them," says an exchange. But, brother, well-chosen words aren't the kind one has to call.—Boston Transcript.

Topics of the Home and Household.

Chocolate stains may be removed from table linen by a paste made of borax and cold water.

Two tablespoonfuls of tapioca added to a quart of any kind of soup about 15 minutes before removing from the fire adds greatly to its flavor and nourishing qualities.

Soft Caraway Jumbles: Half a cup of butter, 1 cup of sugar, 1 beaten egg, half a cup of sour cream, 2½ cups of flour, ½ teaspoon soda, caraway seed. Mix in order given; drop from spoon; bake in slow oven.

Faded, shabby carpets can be freshened and improved if, after first brushing to remove the dust, the brush be dipped in a pail of hot water, to which a few drops of turpentine have been added, and the carpets brushed over vigorously with this.

Olives opened for some special occasion, when all are not required, may be kept almost indefinitely if olive oil be poured into the bottle. The oil, being light, rises to the top of the liquid in which the olives are stored and thus keeps out the air.

Don't throw stale loaves of bread, tea cakes, etc., into the garbage barrel. Dip them in cold water—if very dry leave them in for a few minutes—then place in a moderately hot oven until well heated through. The result will be beautiful light bread or cakes, whether required hot or cold.

Recipes.

Appledore Soup—Three medium-sized potatoes, boiled until tender in salted water, then mashed. Try three tablespoonfuls of chopped onion in three tablespoonfuls of butter, add to this two tablespoonfuls of flour and one quart scalded milk. Cook five minutes, then add potato; then add 1½ teaspoons salt, ½ teaspoon each celery salt and paprika, three tablespoonfuls of tomato catsup, one teaspoon chopped parsley. Serve immediately.

Maple Syrup Biscuits—Beat the yolks of four eggs into one cup of maple syrup, put this mixture on the stove and stir all the time until it thickens. Set away to cool. Beat the whites of four eggs, add one pint of cream and the cooled mixture and freeze as ice cream.

Chocolate Filling—One ounce chocolate, ¾ cup sugar, one tablespoon butter, one cup boiling water. Let this come to a boil, then add one rounded tablespoonful cornstarch dissolved in half a cup of cold water. Cook about 10 minutes. Flavor with one tablespoon vanilla extract. This is splendid for Washington pies—using half in the center and half on top. It is better to allow to cool a little before spreading. Fine when the pie is made from a sponge cake recipe.

Coloring for Soups—A fine amber color is obtained by adding finely grated carrot to the clear stock when it is free from scum. Red is obtained by adding red skinned tomatoes, from which the seeds and skins have been strained. Only white vegetables should be used in white soup, as chicken, spinach, leaves pounded in a mortar and the juice extracted and added to the soup will give a green color. An excellent brown soup can be made by adding burnt sugar or browned flour to the stock.

Spiced Apples—Pare and quarter enough apples to make one quart; add ½ teaspoon of cloves, ½ teaspoon of cinnamon, one cup of brown sugar and two cups of vinegar and simmer gently until the apples are soft. Cover and let stand 24 hours before serving.

Buttermilk Biscuits—Rub into 1 quart of sifted flour a piece of butter size of an egg, one teaspoon of salt; stir into this a pint of sour milk or buttermilk. Dissolve one teaspoon of soda in water and stir into the milk as you add it to the flour. Knead it up quickly, roll it out nearly ¼ inch thick and cut out. Bake immediately in a quick oven.

Very nice biscuits may be made with sour cream, without the butter.

Dorothy Dexter.

And Down He Went.

From a novel—"She spoke earnestly, excitedly. Eagerly he hung upon her words. Then her voice broke.—Boston Transcript.



Cook Arlington Ham your own way

There are many ways of cooking ham. You may prefer one way, your neighbor another.

But however cooked, you will find that Arlington Ham brings you a new conception of ham delicacy. A new and distinctive flavor and tenderness.

And all because of the care used in preparing Arlington Ham, from the selection of the fresh meat through the special curing process and the smoking in the delicious aroma of smouldering hickory logs and mahogany chips.

Your dealer can send you an Arlington Ham.

John P. Squire & Company
Boston, Massachusetts
Established 1842

Mince Pie.

Is the mince pie a beverage and does it come under the ban of the Volstead act?

The real mince pie, as all New Englanders know, should have a dash of something in it, preferably brandy, which imparts a taste, making it fit food for Olympian feasts. The art of making such pies has not been lost although the where-withal has become scarce. The joy that one of these old-fashioned delights of the holiday imparts to the dinner table can be indicated to those who have never indulged by relating what happened, according to the story, to one Vermont.

A kindly neighbor had sent in a mince pie for the Christmas table. At the first mouthful the man of the house smiled reminiscently, and gave his whole attention to the pie. He asked for another piece and after finishing got up to the telephone, called up the neighbor and delivered this message: "Send me over two more mince pies and a pitcher of ice water." Are such gustatory joys going to be banished from the ken of man? Perish the thought!—St. Albans Messenger.

True Talk.

W. L. George says: "No woman's face lasts a man more than a year or two. However beautiful it is, he knows all about it; he may not be sick of it, but he ceases to take an interest in it. . . . You may catch a man with your face, but it is with something else you hold him—with charm, if you have any, with interest in his immensely important affairs, by making him feel he's a god, your god, and that nobody understands him as you do."—Boston Transcript.

Moral: Advertise.

Police officer (to actress)—So you finish your pearls back, did you, miss?

Flossie's footlight—Yes, isn't advertising wonderful?—Here they are real ones; my pearls were merely imitations.—Boston Transcript.

QUESTION:

How can I serve a good mince pie that will not be too expensive?

ANSWER:

The best mince pies can be made at the very lowest cost and with the least amount of work by using

NONE SUCH MINCE MEAT

"LIKE MOTHER USED TO MAKE"

MERRELL-SOULE COMPANY SYRACUSE, N. Y.

Very nice biscuits may be made with sour cream, without the butter.

Dorothy Dexter.

From a novel—"She spoke earnestly, excitedly. Eagerly he hung upon her words. Then her voice broke.—Boston Transcript.

Are You the Man Who

"Never Reads Advertisements?"

Some men, who are neither blind nor illiterate, claim sincerely that they "never read advertisements."

Yet, if you could investigate, in each case you would find that the man who "never reads advertisements" used an advertised tooth paste or shaving cream or soap. If he owns an automobile it will be an advertised car. If you ask his opinion of any automobile he will reply in words that might have been lifted bodily from an advertisement of that automobile.

Advertising has formed his opinions to a great degree. He may have received his information through others who obtained their knowledge from advertising. But it is a fact that no man can escape the effects of advertising even if he does say he "never reads advertisements."

Not one of us ever reasoned out entirely from his own mind that the earth is round. If we had not read it or heard it we would never have known it.

In these days of good, truthful, helpful advertising to say "I never read advertisements" is merely your way of saying, "I don't read all advertisements."

Published by The Barre Daily Times, in co-operation with

The American Association of Advertising Agencies.

For Your Better Health

"I advise every woman that suffers with kidney trouble to try Foley's Kidney Pills. I feel better, much stronger than I did 15 years ago."—John F. Brown, Omaha, Neb.

When suffering from Backache, Rheumatism, Lame Back, Kidneys or Bladder,

FOLEY KIDNEY PILLS

Tonic in Action Quick to Give Good Results

Sold Everywhere

